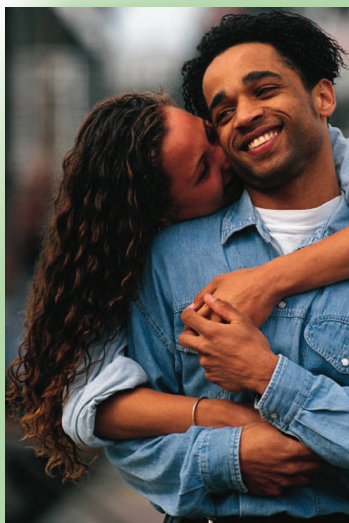


# Free Family Planning Services

For women and men who do not  
have health insurance



Family Planning Services provide education and support to help you decide if or when you want to have a baby. That's why planning ahead and choosing birth control that suits **YOU** and your lifestyle is so important. So sign up for **FREE** annual physicals, contraceptives, lab testing, family planning education and more....

**No copay required**



For more information contact:

Your local Department of Social Services

or visit

[www.dmas.virginia.gov](http://www.dmas.virginia.gov) and click on Maternal  
and Child Health/Plan First



## Have you heard?

There's a great new birth  
control program for  
women and men



# Plan First Family Planning Services for Women and Men

Family planning is more than just birth control; it includes regular check-ups and screening services that help to protect your reproductive health.

Family planning services can also help you as you decide if and when you want to have a baby.



## What's covered?

- Annual physical exam for men and annual gynecological exam for women
- Pap screening for women (every 6 months)
- Sexually transmitted infection (STI) testing
- Lab services for family planning and STI testing
- Family Planning education and counseling
- Sterilization procedures
- FDA approved prescription contraceptives
- FDA approved over-the-counter contraceptives
- Referrals to a primary care provider for services not covered by Plan First

## Who is eligible?

Men and women may be eligible if they:

- Are US citizens or qualified legal immigrants
- Live in Virginia
- Meet the monthly income limits
- Do **not** currently have medical insurance including Medicaid/FAMIS
- Have **not** had a procedure that now prevents pregnancy

If you are under the age of 19 or pregnant you may be eligible for full health care coverage. Contact your local Department of Social Services.

## Does Plan First cover primary care services?

Plan First pays for family planning services only. If you get sick or need treatment for other medical conditions, you can go to a Community Health Center that provides primary care on a sliding fee scale based on your income. For information on locating a Community Health Center near you, call toll free 1-800-230-6977 or 2-1-1.

## How do I get more information and apply for Plan First?

For more information or to get an application:

- Go to your local Department of Social Services (DSS) or local family planning clinic
- Visit [www.dmas.virginia.gov](http://www.dmas.virginia.gov) and click on Maternal and Child Health/Plan First

You can apply for these benefits at your local Department of Social Services (DSS) and local

clinics or download the application from the Department of Medical Assistance Services website at [www.dmas.virginia.gov](http://www.dmas.virginia.gov). Your signed and completed application must be submitted to the local DSS agency.



## What kind of information do I need to provide?

When you submit your signed application, you will also need to provide the following information:

- Proof of income
- Proof of citizenship and identity (or immigration status)

**You will need to renew your coverage at least every 12 months.**

## Where can I find a provider?

With Plan First you can go to a private provider, a community health center or a health department. To find a Plan First provider in your area, go to [www.dmas.virginia.gov](http://www.dmas.virginia.gov) and look for Plan First under the Maternal and Child Health section or ask your doctor or clinic if they accept Medicaid.